

**GALLATIN CITY-COUNTY HEALTH DEPARTMENT  
GROWTH & DEVELOPMENT**



## 4 to 6 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> <li>Rolls over</li> <li>Sits with support; back &amp; head are steady</li> <li>Lifts head &amp; chest using arms for support</li> <li>Reaches for toys</li> <li>Holds toys with both hands</li> <li>May transfer toy from one hand to the other</li> <li>Brings objects to mouth to explore</li> <li>Investigates small objects with hands, fingers &amp; eyes</li> <li>Follows moving object with eyes</li> </ul>	<ul style="list-style-type: none"> <li>Provide time &amp; safe area for quiet play.</li> <li>To help baby strengthen arm, back and neck muscles, place baby on her tummy and hold baby in a supported sitting position on your lap.</li> <li>Offer a variety of patterns &amp; textures for your baby to explore.</li> <li>Provide your baby with rattles, teething or cloth toys, plastic cups &amp; spoons, and other safe objects.</li> <li>Encourage baby to reach for objects.</li> </ul>
LANGUAGE	LANGUAGE
<ul style="list-style-type: none"> <li>Makes “talking” sounds in response to others talking to him</li> <li>Gurgles &amp; coos</li> <li>Makes vowel-consonant sounds “ahh-goo”</li> <li>Laughs &amp; squeals</li> <li>Has different type of cry when hungry, lonely, wet or in pain</li> <li>May be wary or afraid of strangers</li> </ul>	<ul style="list-style-type: none"> <li>Smile &amp; make eye contact while talking to your baby</li> <li>Imitate sounds baby makes</li> <li>Let baby hear variety of sounds ( a bell, music, your singing)</li> <li>Provide quiet time for baby to practice making her own sounds</li> <li>Spend time just holding, touching &amp; talking to baby</li> <li>Discourage rough play or handling</li> <li>Allow baby to be clingy when afraid of unfamiliar person or situation</li> </ul>
SLEEP	SLEEP
<ul style="list-style-type: none"> <li>Typically sleeps about 15- 17 hours in a 24 hour period 10-12 hours at night and 2-3 naps.</li> </ul>	<ul style="list-style-type: none"> <li>Provide pleasant bedtime environment; read a book, sing to baby while rocking</li> <li>Check baby if he awakens at night</li> <li>Promote good sleeping habits (see Sleep handout)</li> </ul>
FEEDING & GROWTH	
<p>Birth weight doubles by 4-6 months. Breast milk or formula is the main source of nutrition. Introduce solids between 4 and 6 months ( See WIC guidelines for food introduction). Help baby avoid ear infections and tooth decay by never giving her a bottle when lying down.</p>	

*Continued on back*

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<b>IMMUNIZATIONS</b>
By the end of 6 months baby should have received: 3 Diphtheria, Tetanus & Pertussis (DtaP), 2 Polio (IPV), 3 Haemophilus (Hib) & 2 Hepatitis B (Hep B)
<b>SAFETY: GENERAL SUGGESTIONS</b>
<ul style="list-style-type: none"><li>· Use a correctly installed car safety seat <u>every time</u> baby rides in a car.</li><li>· Keep soft pillows, plastic bags and small objects away from your baby ( an object is too small if it fits through a cardboard toilet paper roll).</li><li>· NEVER shake your baby.</li><li>· NEVER leave your baby unattended around pets, young children or water.</li><li>· Avoid exposing baby to the sun. Children under 6 months should not have sunscreen applied to their skin. They should be protected from the sun with hats, clothing and by keeping them in the shade).</li><li>· Make sure both you &amp; your child care provider are instructed in infant/child CPR.</li><li>· Keep your baby's environment free from tobacco smoke or other smoke.</li><li>· Hot water tank temperature should be set at 120° to avoid accidental burns.</li><li>· Babies like bath water at body temperature. Test the water temperature with your wrist.</li><li>· Protect from falls, keep crib sides up and your hand on your baby at all times while he is on a high surface.</li></ul>



Date: \_\_\_\_\_

Next Visit: \_\_\_\_\_

Notes: